



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

**Bolle, Dietmar**

Club: LTV Obereichsfeld

Number: 500

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M50

Total time: 47:12

Speed: 12.71 km/h

Running performance: 4:43 min/km

Rank in course/Total: 41 (of 135)

Rank in course/Men: 37 (of 85)

Best time in course: 34:06

Rank in category: 4(of 7)

Best time in the category: 40:53

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	23:08	5:38	4	3:15	35	6:33	4.10	23:08	5:38	4	3:15	70	
Lap 1	1.60	7:30	4:41	4	1:18	42	2:27	5.70	30:38	5:22	4	4:33	70	
Last lap Finish	4.30	16:34	3:51	4	1:46	37	4:07	10.00	47:12	4:43	4	6:19	37	13:06